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HOMEMAKERS' CHAT

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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Cantaloupe or Honeydew?"--Information from Office of Marketing Services, U. S. Department of Agriculture.

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When you say melon you may mean cantaloupes...or you may be thinking of a honeydew or a casaba. Or of course your thoughts could be lost in anticipation of a cold, sweet, juicy watermelon.

Muskmelon is the family name. And the cantaloupe is only one member of the family. Long before the time of Moses the muskmelon was known and cultivated by the Israelites in southern Asia. Even Columbus liked melons...and brought some to America with him.

And today melons continue to be a great favorite. In addition to their good flavors, a half a medium-size cantaloupe...if the meat is deeply colored...can supply as much as two fifths of the day's requirement of Vitamin A for an adult man... and considerable Vitamin C. A honeydew melon has about the same amount of Vitamin A as a cantaloupe..but scarcely any Vitamin C.

Melons of any variety...if they're sweet...are good desserts these days when sugar is precious...It's easy to satisfy that desire for something sweet...especially a juicy melon.

Selecting a good cantaloupe is not easy. For the flavor to be just right, the melon must have been picked fully mature, not too green nor too ripe.

Look at the stem end of the cantaloupe. If picked just ripe enough, the melon will have a clean scar where the stem used to be. If picked too green, it will have part of the stem still attached or a rough deep scar where it was pulled out.

A cantaloupe should be firm and well netted. The blossom end opposite the stem end will be firm, and a slight golden color will be seen through the netting which covers the melon.

And of course when the fragrance from a melon is pleasant that's a good indication it's ripe.

7-11-45

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